Learn more and get involved
Safer Internet Day 2022

What is Safer Internet Day?

Safer Internet Day is on 8th February 2022. It's celebrated across the globe in over 170 countries, with thousands of young people joining in across the UK to explore how they can use the internet responsibly, respectfully, and creatively whilst making the most of their relationships online.
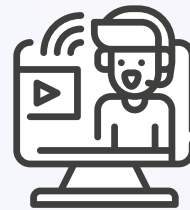
Safer Internet Day is a great opportunity to focus on online safety with your child – whether that's by using some of the quick activities in this pack, asking your child what they like to do online, or using their favourite app or game with them. You can also support Safer Internet Day on social media, tell your friends and family about the day, or ask your child for their top tips for staying safe online. Find out more here: **saferinternetday.org.uk**.

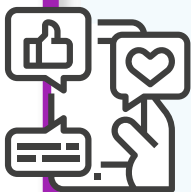### The theme for Safer Internet Day 2021 is...

ALL FUN AND GAMES

Exploring respect and relationships online

From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are a part of. Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that's whilst gaming and creating content, or interacting with their friends and peers.

Using tailored learning materials, tips and resources for all ages, as well as for educators and families, Safer Internet Day challenges everyone to play their part in fostering supportive relationships and respectful communities online. From discussing the ways the internet can be used to communicate, to creating positive change in online groups when bullying behaviours arise, the day empowers young people to be at the heart of creating a better internet.

Learn more and get involved

PARENTS AND CARERS

#SaferInternetDay
www.saferinternetday.org.uk

Exploring respect and relationships online

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How do I use this pack?

This pack for parents and carers includes information and activities to help you support your child in using the internet positively and safely.

This pack contains:

Conversation starters	Helpful questions and phrases to start a conversation with your child about staying safe online.
Family online safety plan	A plan to help your family shape the way you will use the internet and technology safely, responsibly and positively.
Family activities	Fun activities that you can do with children of all ages to explore respect and relationship online.
Parents and carers' resource sheet	Useful sources of advice and information online, including how to report online problems.

How can I show my support?

There are lots of ways that you and your family can get involved in the day and spread the word in making the internet a safe and positive place to be.

Get involved

Safer Internet Day is celebrated in over 170 countries worldwide. Be a part of this global conversation by using your social media to help promote the amazing things that are happening.

Use these hashtags to help spread the message online: **#SaferInternetDay #playyourpart**

The UK Safer Internet Centre will be posting lots of online safety advice in the run-up to the day and on the day itself. We will reshare lots of messages and advice from others celebrating the day across the UK.

Follow us to see what is happening across the UK and let us know how you are celebrating Safer Internet Day by tagging our social media accounts:

- Instagram: **@UK_SIC**
- Facebook: **saferinternetuk**
- Twitter: **@UK_SIC**
- YouTube: **UKSIC**

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PARENTS AND CARERS

#SaferInternetDay
www.saferinternetday.org.uk

Examples of tweets and posts you can share:

I'm supporting Safer Internet Day 2022 organised by @UK_SIC who have lots of helpful advice for parents and carers about keeping their children safe online. Find out more at: www.saferinternetday.org.uk #SaferInternetDay @UK_SIC #playyourpart

I'm celebrating #SaferInternetDay on Tuesday 8th February! Find out more about how to explore respect and relationships online with your child at: www.saferinternetday.org.uk @UK_SIC #playyourpart

#SaferInternetDay is a great way to start having conversations about being online with your child! That's why I'm supporting the day www.saferinternetday.org.uk @UK_SIC #playyourpart

Involve others

Encourage your child's school to register as a Safer Internet Day supporter at **saferinternetday.org.uk** and to download our educational resources too.

Speak to the people close to you. Grandparents, uncles, aunts, and friends are all welcome to get involved and share ideas on making the internet a safer place!

Register your workplace or community group as a Safer Internet Day supporter at **saferinternetday.org.uk** and access promotional materials to help share what you are doing to support the Day.

Have any questions?

More information about Safer Internet Day and activities taking place across the UK to mark the Day can be found at **www.saferinternetday.org.uk**

- Email us: **SID@saferinternet.org.uk**
- Sign up to our free monthly newsletter: **bit.ly/UKSICNewsletter**

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Family activities

Here you'll find fun and engaging activities that parents and carers can do with children of all ages to support this year's Safer Internet Day theme: '**All fun and games? Exploring respect and relationships online**'

Work through these activities with your child to help start conversations about life online and make sense of the digital world together. Find more activities, video content, tips and quizzes at: **saferinternet.org.uk**.

All ages

Spend time online together

This year's theme is a great opportunity to have some fun and games together! Why not get everyone to write their favourite app or game on a slip of paper then take it in turns to pull from a bowl? Spend some time exploring each one as a family. Whether it's creating something together, competing or watching content, look out for the safety features and make a note of what these do, so you know where they are if you ever need them in the future.

Explore the Childnet website

Explore the Childnet website where you will find activities, quizzes and videos tailor made for children of all ages. There is also information on key topics for parents and carers, advice about specific apps and games, and activities and conversation starters you can use with your whole family.

Make a family agreement

A family agreement is a great way to start a conversation about how your family uses the internet. As well as the online safety agreement in the Parents and Carers Pack, you can find a more detailed version here: **childnet.com/family-agreement**.

'All fun and games? Exploring respect and relationships online' Films

These films produced by the UK Safer Internet Centre are a great way to start a discussion with your child about how the internet makes them feel and what respect looks like online. There are different videos aimed at younger and older children available here: **saferinternet.org.uk/sid-films**.
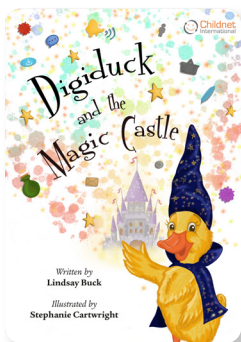
Ages 3-7

Whooo helps yooou?

Read the story 'Digiduck and the Magic Castle' with your child:
childnet.com/digiduck-magic

Discuss together how Wise_Owl and Eagle_Owl help Digiduck and his family.

Ask your child: Who helps you when you have a problem online?

Work with your child to write or draw a list of people they could speak to if they had a problem online. This might include you, other family members, a class teacher or trusted family friends. You could even practise what they might say or come up with a code word that everybody knows.

The Digiduck Series

Did you know that 'Digiduck and the Magic Castle' is the fourth book in the Digiduck series?

Read all the stories and join Digiduck, Wise_Owl and more on their online safety adventures at:
childnet.com/digiduck.

Family Activities

PARENTS AND CARERS

Ages 7-11

Childnet SMART Video Lessons

Watch this series of 6 mini video lessons hosted by the Childnet Education Team together with your child. You'll be guided through activities and discussions about different online safety topics. The sessions are aimed at children aged 6-9 and can be found here: **childnet.com/resources/video-lessons**.
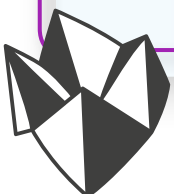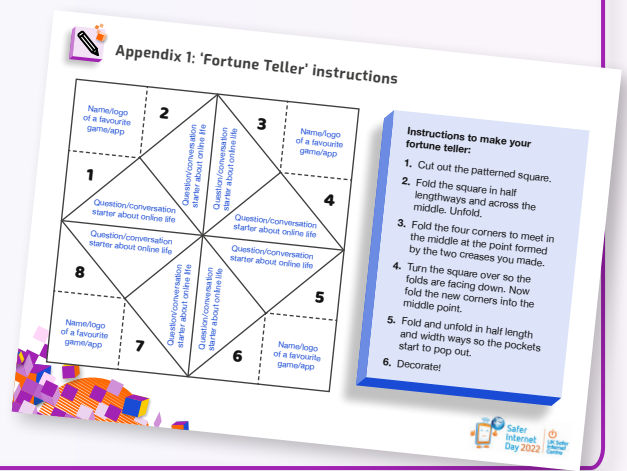
Family Fortunes

Create an origami fortune teller with your child using the template and instructions in Appendix 1. Have them decorate the outside with characters or logos from their favourite apps and games, label the inside with numbers, then write some questions about life online to put under the flaps.

Use the fortune teller by getting a family member to pick one of the characters or apps. Spell out the name and move the teller once for each letter. Then have them pick a number and move the teller again. Then ask them to choose a second number and read the question under the corresponding flap. Use to start a conversation about life online.

Questions could include:

- What's your favourite app/game and why?
- What tips do you have for staying safe online?
- Explain one family rule we have when using our devices.
- What's one thing you would change about how we use devices at home?
- Who can you tell if you have a worry about life online?

Appendix 1: 'Fortune Teller' instructions

Instructions to make your fortune teller:

1. Cut out the patterned square.
2. Fold the square in half lengthways and across the middle. Unfold.
3. Fold the four corners to meet in the middle at the point formed by the two creases you made.
4. Turn the square over so the folds are facing down. Now fold the new corners into the middle point.
5. Fold and unfold in half length and width ways so the pockets start to pop out.
6. Decorate!

ALL FUN AND GAMES ?

Exploring respect and
relationships online

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Ages 11-14

Gaming and Me

Have each of your family members complete the Gaming and Me template (Appendix 2). Then share and discuss the similarities and differences between responses. Use as an opportunity to start conversations about the positives and negatives of gaming in your household and follow with a family gaming session where everyone tries out each other's favourite games. Can you find the safety features for each one?

Safer Internet Day Quiz

Watch out for the online, interactive version of our special Safer Internet Day 2022 quiz for ages 11-14. This will be published in the run up to the day and is a great opportunity for you and your child to test your knowledge of respect and relationships together! **saferinternet.org.uk/sid-quiz/11-14**
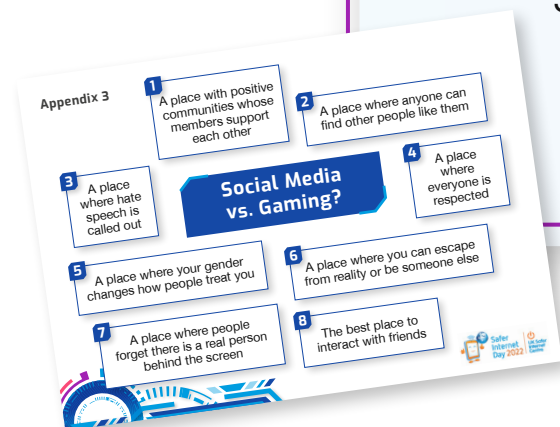
Ages 14-18

Social Media vs. Gaming

Share Appendix 3 with your child and discuss whether each of the statements applies more to social media or gaming, in their opinion. Use as a conversation starter to find out more about your child's online experiences and the strategies they use to keep themselves and others safe.

Show that you are open and willing to learn more by asking:

"What one thing would you like me to recognise about using the internet and technology?"

Appendix 3

1. A place with positive communities whose members support each other
2. A place where anyone can find other people like them
3. A place where hate speech is called out
4. A place where everyone is respected

Social Media vs. Gaming?

5. A place where your gender changes how people treat you
6. A place where you can escape from reality or be someone else
7. A place where people forget there is a real person behind the screen
8. The best place to interact with friends

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Be a role model

Why not ask your teen to help you, or their younger siblings, enjoy safe and positive online experiences? They no doubt have some online wisdom to share.

Ask them about their favourite apps and games, and what safety advice they would offer for each. Do they have any guidance on how to manage online friendships and ensure communication is respectful and safe, as well as fun?
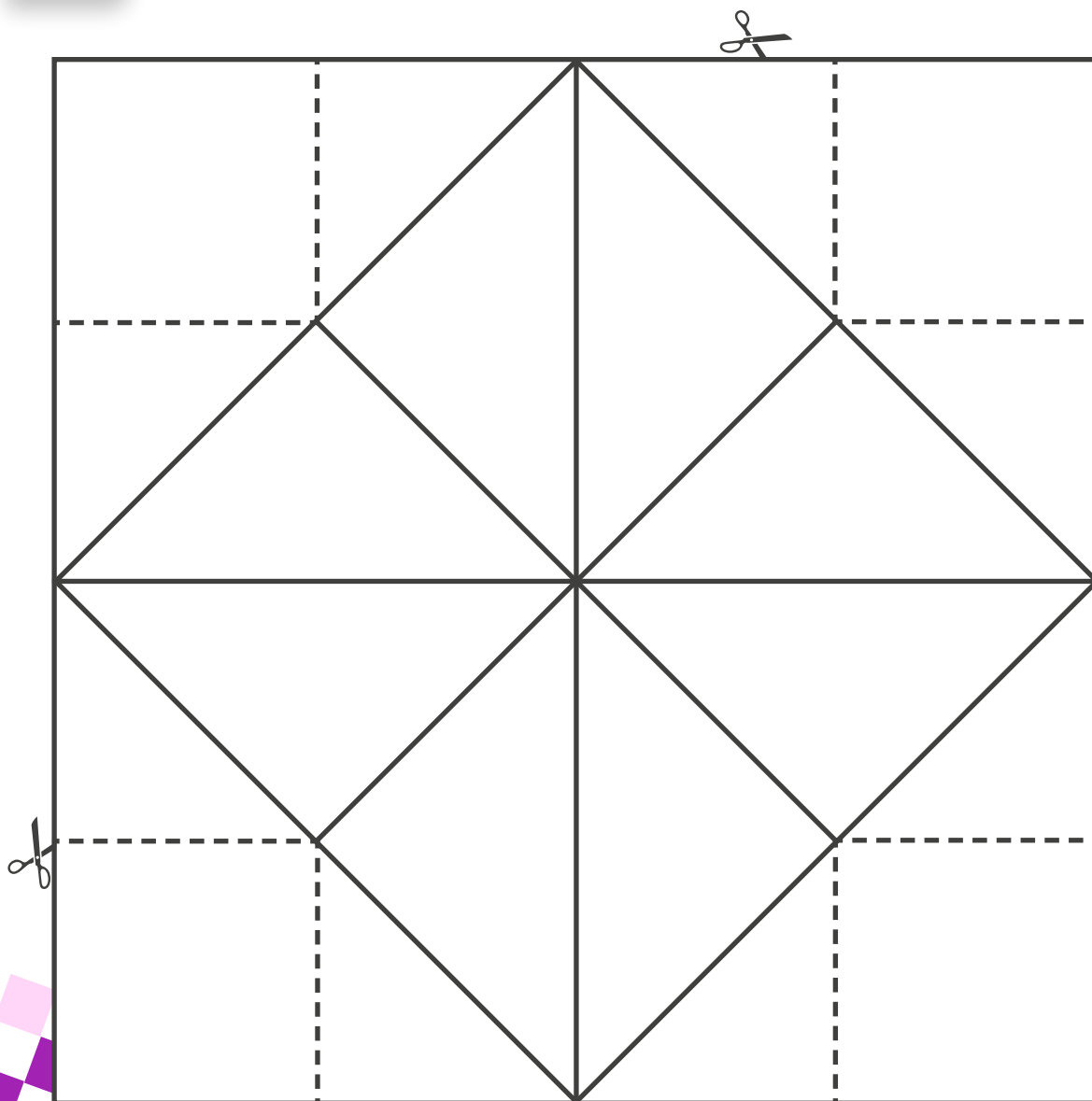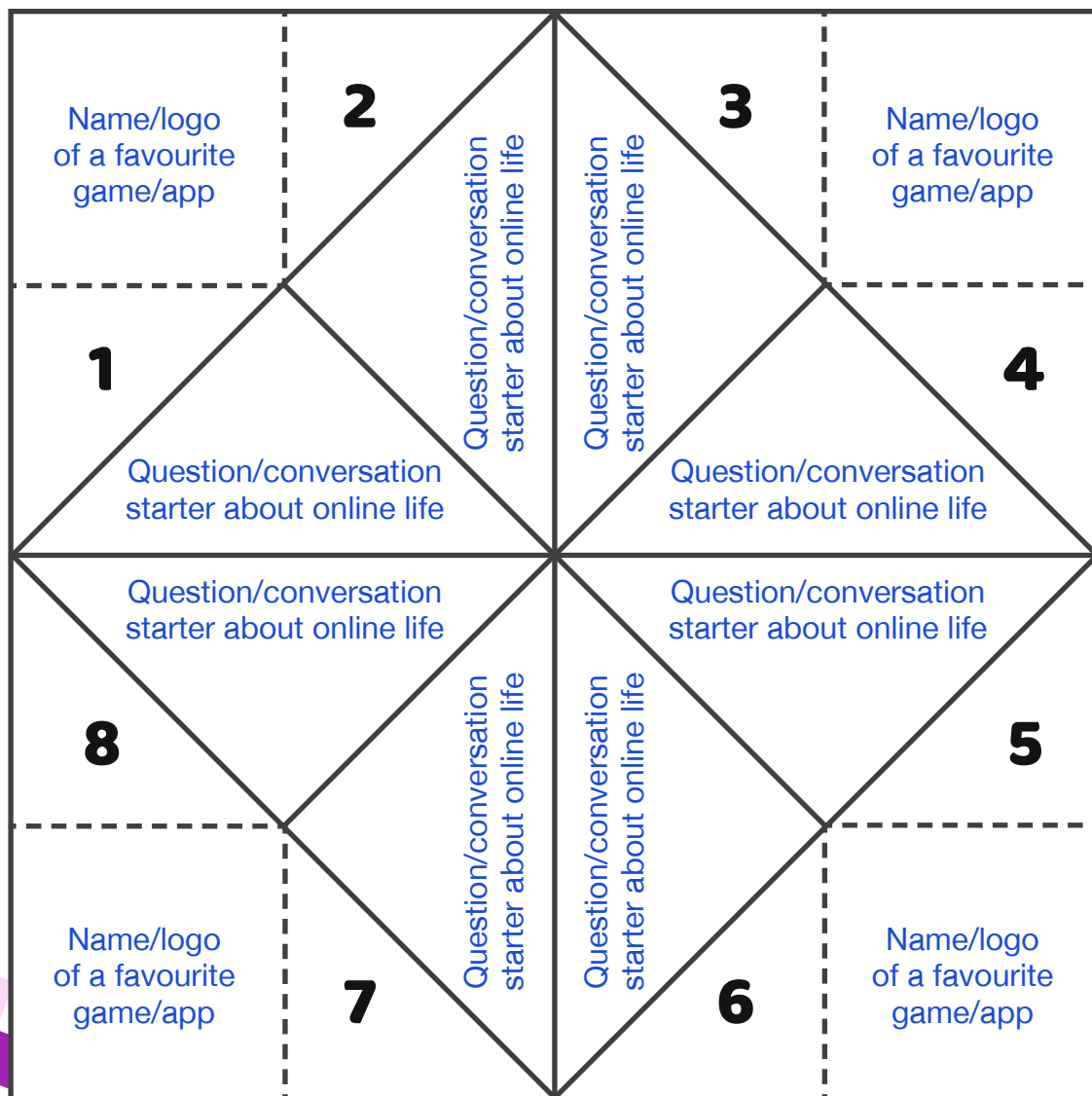
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Appendix 1: 'Fortune Teller' instructions

Name/logo of a favourite game/app

2

Question/conversation starter about online life

Question/conversation starter about online life

3

Name/logo of a favourite game/app

1

Question/conversation starter about online life

Question/conversation starter about online life

4

Question/conversation starter about online life

Question/conversation starter about online life

8

Question/conversation starter about online life

Question/conversation starter about online life

5

Name/logo of a favourite game/app

7

Question/conversation starter about online life

Question/conversation starter about online life

6

Name/logo of a favourite game/app

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Appendix 2: Gaming and me

Gaming makes me feel:
(Draw an emoji)

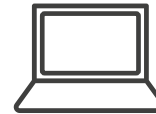**Circle all of the ways you enjoy or used to enjoy gaming**
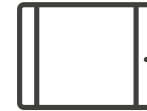
CONSOLE

HANDHELD CONSOLE
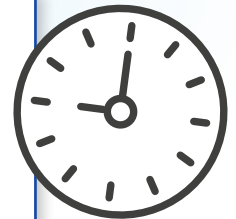
DESKTOP PC

LAPTOP

TABLET

MOBILE PHONE

Any other platforms / sites that you play or used to play games on? Write them here:

How often do you play games each week? You could write it in the amount of hours, a rough estimation, etc.

What is / was your favourite game?

What / is was your favourite type of game?
E.g. genre (shooter, puzzles, etc.)

What do you enjoy most about playing games?

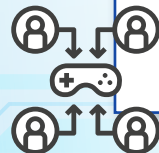**If you don't enjoy playing games anymore, or never did, why is this?**

How do / would you prefer to play games?
Tick your preference.

By yourself? ☐   **With others?** ☐

Give one top tip for positive gaming.

Appendix 3

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